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LEXICON OF LIPID NUTRITION

(IUPAC Technical Report)

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COMMENTS ON THE TABLES

For Tables 4 and 5, the authors have consulted the following references for the listed figures:

USDA: Official Standards of the U.S. Department of Agriculture

Codex: Codex Alimentarius: Alinorm 95/17

Reference [1]: A. Karleskind and J. P. Wolff (Eds.). *Manuel des Corps Gras*, TEC-Lavoisier, Paris (1992).

Table 4 Fatty acid composition of oils and fats of vegetable sources (expressed as percentage mass-fraction of total fatty acids).

	Almond oil	Avocado oil	Babassu fat	Canola oil	Cashew nut oil	Cocoa butter	Coconut oil	Corn (maize) oil	Cottonseed oil
C10:0			1.2-7.6				6.0		
C12:0			40.0-55.0				44.6	0.0-0.3	<0.2
C14:0			11.0-27.0			0.1	16.8	0.0-0.3	0.6-1.0
C16:1 n-7	0.6	4.6				0.2*		0.0-0.4*	<1.2
C17:0									
C17:1						0.1		0.5-1.5*	<0.4
C18:3 n-3		0.8		10.0				0.3-0.7	0.2-0.5
C20:0								0.2-0.4*	<0.1*
C20:1 n-9									
C20:2 n-6									
C20:4 n-6									
C22:0								<0.5	<0.6
C22:1 n-9				<2.0				<0.1*	<0.3*
C22:2 n-6									<0.1*
C24:0								<0.4	<0.1
C24:1 n-9									
C6:0			2.6-7.3				0.6		
C8:0			5.2-11.0				7.5		
C16:0	6.5	17.2	1.8-7.4	4.0	4-6	25.4	8.2	8.6-16.5	21.4-26.4
C18:0	1.7	0.2	9.0-20.0*	2.0	6-12	33.2	2.8	<3.3	2.1-3.3
C18:1 n-9	69.6	64.0	1.4-6.6*	56.0	68-75	32.6	5.8	20.0-42.2*	14.7-21.7
C18:2 n-6	17.4	13.1		26.0	7-22	2.8	1.8	39.4-65.6*	46.7-58.2
Source	USDA	USDA	Codex	Codex	Codex		Codex	Codex	Codex

*Exact position of double bond not available.

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Table 4 (cont'd.) Fatty acid composition of oils and fats of vegetable sources (expressed as percentage mass-fraction of total fatty acids).

	Palm oil	Palm olein	Palm stearin	Peanut oil	Pecan nut oil	Pistachio nut oil	Poppyseed oil	Rapeseed oil	Rapeseed oil (low erucic acid)
C6:0									
C8:0									
C10:0									
C12:0	<0.4	0.1–0.5	0.1–0.4	0.0–0.1					<0.2
C14:0	0.5–2.0	0.9–1.4	1.1–1.8	0.0–0.1		0.3		0.2	3.3–6.0
C16:0	40.1–47.5	38.2–42.9	48.4–73.8	8.3–14.0	6.4	11.6	10.6	1.5–6.0	0.1–0.6*
C16:1 n-7	<0.6*	0.1–0.3*	>0.2*	<0.2*	0.5	0.6		<3.0*	<0.3
C17:0									<0.3
C17:1									1.1–2.5
C18:0	3.5–6.0	3.7–4.8	3.9–5.6	1.9–4.4	1.6	1.4	2.9	0.5–3.1	52.0–66.9*
C18:1 n-9	36.0–44.0*	39.8–43.9*	15.6–36.0*	36.4–67.1*	64	69.3	19.7	8–60*	16.1–24.8*
C18:2 n-6	6.5–12.0*	10.4–13.4*	3.2–9.8*	14.0–43.0*	24.8	15.2	62.4	11–23*	6.4–14.1*
C18:3 n-3	<0.5*	0.1–0.6*	0.1–0.6*	<0.1*	1.1	0.5		5–13*	0.2–0.8
C20:0	<1.0	0.2–0.6	0.3–0.6	1.1–1.7	0.7	0.5		<3.0	0.1–3.4
C20:1 n-9				0.7–1.7				3–15	<0.1
C20:2 n-6								<2.0	<0.5
C20:4 n-6				2.1–4.4				2–60*	<2.0*
C22:0				<0.3*				<2.0*	<2.0
C22:1 n-9								<2.0	<0.4*
C22:2 n-6				1.1–2.2				<3.0*	Codex
C24:0				<0.3*					
C24:1 n-9									
Source	Codex	Codex	Codex	Codex	USDA	USDA	USDA	Codex	Codex

*Exact position of double bond not available.

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